

New Material at the North Dakota State Library
October 9, 2015
Regular Print Fiction and Nonfiction

North Dakota Related

BX 1415 .N9 G76 2014

Little church on the prairie : the history of St. Anthony Parish, Logan County, North Dakota / Br. Placid Alois Gross. This is the history of St. Anthony Parish in Logan County, about 100 miles southeast of Bismarck, North Dakota. It covers the history from 1897 to the closing of the parish in 1967, containing narrative, photos, lists of the pastors and parishioners, and all the activities that make up an active parish, such as altar society, sodality, ball games, various improvements, cemetery lists, and more. Green grass and graves is all that is left in a place where a thriving church and a thriving community once flourished. Brother Placid's book is the story of a community and a church in a particular place in North Dakota, and yet it is also a story of all the rural western plains states.

F 644 .E57 E57 2006

Englevale, North Dakota, 1881-2006 / the Book Committee, Janice Ballinger, editor.

F 644 .H83 H66 1989

Hoople, North Dakota : 1889-1989, a centennial celebration / Hoople Centennial Book Committee.

GV 1114 .D45 2013

Winning on the ground : training and techniques for judo and MMA fighters / AnnMaria De Mars and James Pedro Sr. A variety of winning judo techniques developed over years of teaching are presented in this guide that prepares mixed martial artists for transcending numerous scenarios. Based on the same training methods that have produced multiple Olympic medalists, the book demonstrates how any opponent can be overcome, even from a position that may seem hopeless. It is generously illustrated with techniques and exercises that are proven winners and is appropriate for beginning judo practitioners. (Some photos feature Ronda Rousey.)

ML 423 .D36 T73 2015

Travels with Frances Densmore : her life, work, and legacy in Native American studies / edited by Joan M. Jensen and Michelle Wick Patterson.

Over the first half of the twentieth century, scientist and scholar Frances Densmore (1867-1957) visited thirty-five Native American tribes, recorded more than twenty-five hundred songs, amassed hundreds of artifacts and Native-crafted objects, and transcribed information about Native cultures. Her visits to indigenous groups included meetings with the Ojibwes, Lakotas, Dakotas, Northern Utes, Ho-chunks, Seminoles, and Makahs. A "New Woman" and a self-trained anthropologist, she not only influenced government attitudes toward indigenous cultures but also helped mold the field of anthropology. Densmore remains an intriguing historical figure. Although researchers use her vast collections at the Smithsonian and Minnesota Historical Society, as well as her many publications, some scholars critique her methods of "salvage anthropology" and concepts of the "vanishing" Native American. Through narrative descriptions of her life paired with critical essays about her work, this book is a guide for understanding how Densmore formed her collections and the lasting importance they have had for researchers in a variety of fields.

PR 9199.3 .W316 M43 2015

Medicine walk / Richard Wagamese.

Franklin Starlight's comfort in solitude and experience in the wilderness make him appear wise beyond his sixteen years. But when his ailing father, Eldon, summons him back to town, Franklin's sense of duty clashes with the deep resentment he feels for his father's many years of absence and neglect. Finding Eldon near death after years

of drinking, Franklin grudgingly agrees to help carry out his father's final wish to be buried in the Ojibwa warrior way, deep in the rugged and starkly beautiful outback of British Columbia. The ride into the wilderness transforms both men as Eldon shares his life story. From an impoverished childhood to his shell-shocked return from combat in the Korean War, Eldon depicts a hard life, a life common to many of his people. But along with these desolate recollections, Eldon shares his life's fleeting moments of happiness and hope. And in telling his story, he offers his son an inheritance he never could have imagined.

PS 3563 .A7112 S63 2015

Small buried things / by Debra Marquart.

Pluck, swallow, bury, drive, frack. Debra Marquart's newest poetry ranges from the horrifying reality of Cold War leftovers, the consequences of fracking, and the heartbreak of misguided relationships, to the absurdity of swallowing pennies and finding a grey hair on your chin. Prepare yourself for laughter, shock, and awkward fidgeting with this amusing and touching collection of poetry.

PS 3612 .A547474 T45 2015

This is what I want / Craig Lancaster.

In the sweltering heat of a Montana July, the small town of Grandview readies for its annual Jamboree. The event is meant to celebrate community, but this year tensions boil over, threatening to tear the town, and a family, apart. Sam Kelvig, a third-generation resident, will do just about anything to protect Grandview from the influx of new oil money and the strangers chasing it. Meanwhile, his restless wife, Patricia, wearies of the constraints of marriage to a man who is so tied to his community; Sam's estranged son, Norby, has reluctantly returned home despite the family's struggle with accepting his sexuality; Henrik, Sam's volatile brother, is looking for any easy opportunity; and Blanche, the family matriarch, only wants a bit of peace before she dies. As Jamboree goes into full swing, the disputes and desires of the Kelvigs -- and their friends and neighbors -- collide, fueled by both longtime resentments and an irrepressible hope to preserve their family and hometown.

TD 195 .G3 H86 2015

The human and environmental impact of fracking : how fracturing shale for gas affects us and our world / Madelon L. Finkel, editor.

Oil and gas account for a large percentage of the world's energy consumption, and the search for new ways to extract both from the earth is a global quest. Fracking is viewed as an energy game-changer but is a controversial topic about which there is much misunderstanding. This unbiased work was written to bring clarity to the issues. Under the guidance of an internationally recognized public health expert, this book provides a comprehensive look at unconventional natural gas development from many different perspectives.

TX 759 .D35 2015

The dairy good cookbook : everyday comfort food from America's dairy farm families / edited by Lisa Kingsley.

The Dairy Good Cookbook is a celebration of the world of the 47,000 dairy farm families and their contributions to American life. The 115 recipes showcase the taste of dairy in many forms, from cheese to yogurt, milk, and butter. The book also provides, through photographs, a look at a day in the life of dairy farms, cows, and the farmers who bring us our dairy. (Mini profile of a Mandan dairy.)

Nonfiction

BF 176.5 .R83 2014

Dataclism : who we are when we think no one's looking / Christian Rudder.

Our personal data has been used to spy on us, hire and fire us, and sell us stuff we don't need. In Dataclism, Christian Rudder uses it to show us who we truly are. For centuries, we've relied on polling or small-scale lab experiments to study human behavior. Today, a new approach is possible. As we live more of our lives online, researchers can finally observe us directly, in vast numbers, and without filters. Data scientists have become the new demographers. OkCupid co-founder and president Rudder explains how Facebook "likes" can predict, with

surprising accuracy, a person's sexual orientation and even intelligence; how attractive women receive exponentially more interview requests; and why you must have haters to be hot. He charts the rise and fall of America's most reviled word through Google Search and examines the new dynamics of collaborative rage on Twitter. He shows how people express themselves, both privately and publicly. What is the least Asian thing you can say? Do people bathe more in Vermont or New Jersey? What do black women think about Simon & Garfunkel? (Hint: they don't think about Simon & Garfunkel.) Rudder also traces human migration over time, showing how groups of people move from certain small towns to the same big cities across the globe. And he grapples with the challenge of maintaining privacy in a world where these explorations are possible.

BX 1377 .K47 2014

The Pope and Mussolini : the secret history of Pius XI and the rise of Fascism in Europe / David I. Kertzer.

The Pope and Mussolini tells the story of two men who came to power in 1922 and together changed the course of twentieth-century history. In most respects, they could not have been more different. One was scholarly and devout, the other thuggish and profane. Yet Pius XI and 'Il Duce' had many things in common. They shared a distrust of democracy and a visceral hatred of Communism. Both were prone to sudden fits of temper and were fiercely protective of the prerogatives of their office. ('We have many interests to protect,' the Pope declared, soon after Mussolini seized control of the government in 1922.) Each relied on the other to consolidate his power and achieve his political goals. In a challenge to the conventional history of this period, in which a heroic Church does battle with the Fascist regime, Kertzer shows how Pius XI played a crucial role in making Mussolini's dictatorship possible and keeping him in power. In exchange for Vatican support, Mussolini restored many of the privileges the Church had lost and gave in to the pope's demands that the police enforce Catholic morality. Yet in the last years of his life -- as the Italian dictator grew ever closer to Hitler -- the pontiff's faith in this treacherous bargain started to waver. With his health failing, he began to lash out at the Duce and threatened to denounce Mussolini's anti-Semitic racial laws before it was too late. Horrified by the threat to the Church-Fascist alliance, the Vatican's inner circle, including the future Pope Pius XII, struggled to restrain the headstrong pope from destroying a partnership that had served both the Church and the dictator for many years. The Pope and Mussolini brims with memorable portraits of the men who helped enable the reign of Fascism in Italy: Father Pietro Tacchi Venturi, Pius's personal emissary to the dictator, a wily anti-Semite known as Mussolini's Rasputin; Victor Emmanuel III, the king of Italy, an object of widespread derision who lacked the stature to stand up to the domineering Duce; and Cardinal Secretary of State Eugenio Pacelli, whose political skills and ambition made him Mussolini's most powerful ally inside the Vatican, and positioned him to succeed the pontiff as the controversial Pius XII, whose actions during World War II would be subject for debate for decades to come.

D 805.5 .C79 R87 2015

The train to Crystal City : FDR's secret prisoner exchange program and America's only family internment camp during World War II / Jan Jarboe Russell.

From 1942 to 1948, trains delivered thousands of civilians from the United States and Latin America to Crystal City, Texas, a small desert town at the southern tip of Texas. The trains carried Japanese, German, and Italian immigrants, and their American-born children. The only family internment camp during World War II, Crystal City was the center of a government prisoner exchange program called "Quiet Passage." During the course of the war, hundreds of prisoners in Crystal City, including their American-born children, were exchanged for other more important American diplomats, businessmen, soldiers, physicians, and missionaries behind enemy lines in Japan and Germany. Focusing her story on two American-born teenage girls who were interned, author Jan Jarboe Russell uncovers the details of their years spent in the camp; the struggles of their fathers; their families' subsequent journeys to war-devastated Germany and Japan; and their years-long attempt to survive and return to the United States, transformed from incarcerated enemies to American loyalists. Their stories of day-to-day life at the camp, from the ten-foot high security fence to the armed guards, daily roll call, and censored mail, have never been told. Combining big-picture World War II history with a little-known event in American history, *The Train to Crystal City* reveals the war-time hysteria against the Japanese and Germans in America, the secrets of FDR's tactics to rescue high-profile POWs in Germany and Japan, and how the definition of American citizenship changed under the pressure of war.

D 810 .C88 D86 2015

The Bletchley girls : war, secrecy, love and loss : the women of Bletchley Park tell their story / Tessa Dunlop.
The story of the women of Bletchley Park, Britain's top secret code-breaking school, is told through exclusive interviews with the women who served their country, and the impact that their service had on the rest of their lives. Based on extensive interviews conducted specifically for this book, Tessa Dunlop tells the story of the Bletchley Girls through the lives of 15 women who were all selected to work in Britain's most secret World War II organization -- Bletchley Park. Many were just school girls at the outbreak of war; the next six years would change their lives forever. This vivid portrayal of their experiences, sacrifices, and memories is a poignant reminder that without the work of thousands of young women Bletchley Park's extraordinary achievements would not have been possible. By meeting and talking to these fascinating female secret-keepers who are still alive today, Tessa Dunlop captures their extraordinary journeys into an adult world of war, secrecy, love, and loss. Through the voices of the women themselves, this is the story of life at Bletchley Park beyond the celebrated code-breakers; it's the story of the girls behind Britain's ability to consistently outsmart the enemy.

D 839.3 .C58 2003

The Cold War : a history in documents and eyewitness accounts / edited by Jussi Hanhimäki and Odd Arne Westad.

The Cold War contains a selection of official and unofficial documents which provide a truly multi-faceted account of the entire Cold War era. The experiences of the East Berlin housewife are placed alongside those of the South African student; the participation of political leaders from Europe and the Third World stand juxtaposed. Not only does this book put a human face on the conflict, but it draws emphasis to the variety of ways in which this conflict was experienced. The final selection of documents illustrates the global impact of the Cold War to the present day, and establishes links between the Cold War and the events of September 11, 2001.

D 843 .G22 2005

The Cold War : a new history / John Lewis Gaddis.

Beginning with World War II and ending with the collapse of the Soviet Union, this is an account of the strategic dynamics that drove the age, with portraits of its major personalities and insight into its most crucial events. Drawing on newly opened Soviet, East European, and Chinese archives and the reminiscences of the major players, John Lewis Gaddis explains not just what happened but why -- from the months in 1945 when the U.S. and the U.S.S.R. went from alliance to antagonism to the barely averted holocaust of the Cuban Missile Crisis to the maneuvers of Nixon and Mao, Reagan and Gorbachev.

E 838.5 .R432 2011

The notes : Ronald Reagan's private collection of stories and wisdom / Ronald Reagan ; edited by Douglas Brinkley.

From the bestselling editor of "The Reagan Diaries" come the newly disclosed notebooks of Ronald Reagan. Collected by the Ronald Reagan Foundation, the book includes both Reagan's own writing and his favorite quotations, proverbs, and excerpts from speeches, poetry, and literature. Known as the "Great Communicator," Reagan sought wisdom from a wide-ranging set of political figures, philosophers, novelists, and poets, including Abraham Lincoln, Daniel Webster, John F. Kennedy, and Thomas Jefferson, as well as Mohandas Gandhi, Aleksandr Solzhenitsyn, Mark Twain, and Thomas Wolfe. The Notes encapsulates a lifetime of reflections on work, marriage, and family in classic one-liners such as "Flattery is what makes husbands out of bachelors" and "Money may not buy friends, but it will help you to stay in contact with your children." Reagan's own writing -- his jokes, aphorisms, and insights into politics and life -- is often surprising and reveals a view of the president that has rarely before been seen.

E 841 .C567 2012

The fourteenth day : JFK and the aftermath of the Cuban Missile Crisis / David G. Coleman.

On October 28, 1962, Soviet Premier Nikita Khrushchev agreed to remove nuclear missiles from Cuba.

Conventional wisdom has marked that day as the end of the Cuban Missile Crisis, a seminal moment in American history. As President Kennedy's secretly recorded White House tapes now reveal, the reality was not so simple.

Nuclear missiles were still in Cuba, as were nuclear bombers, short-range missiles, and thousands of Soviet troops. From October 29, Kennedy had to walk a very fine line -- push hard enough to get as much nuclear weaponry out of Cuba as possible, yet avoid forcing the volatile Khrushchev into a combative stance. On the domestic front, an election loomed and the press was bristling at White House "news management." Using new material from the tapes, historian David G. Coleman puts readers in the Oval Office during one of the most highly charged moments in American history.

E 860 .D385 2014

The Nixon defense : what he knew and when he knew it / John W. Dean.

Watergate forever changed American politics, and in light of the revelations about NSA's widespread surveillance program, the scandal has taken on new significance. Yet remarkably, four decades after he was forced to resign, no one has told the full story of Nixon's involvement in Watergate. In *The Nixon Defense*, former White House Counsel John Dean, one of the last major surviving figures of Watergate, draws on his own transcripts of almost a thousand conversations, a wealth of Nixon's secretly recorded information, and more than 150,000 pages of documents in the National Archives and the Nixon Library to provide the definitive answer to the question: What did President Nixon know and when did he know it? Through narrative and contemporaneous dialogue, Dean connects dots that have never been connected, including revealing how and why the Watergate break-in occurred, what was on the mysterious 18.5 minute gap in Nixon's recorded conversations, and more.

E 873 .A3 2010

White House diary / Jimmy Carter.

Each day during his presidency, Jimmy Carter made several entries in a private diary, recording his thoughts, impressions, delights, and frustrations. He offered unvarnished assessments of cabinet members, congressmen, and foreign leaders; he narrated the progress of secret negotiations such as those that led to the Camp David Accords. When his four-year term came to an end in early 1981, the diary amounted to more than five thousand pages. But this document has never been made public -- until now. By carefully selecting the most illuminating and relevant entries, Carter has provided us with an astonishingly intimate view of his presidency. Day by day, we see his forceful advocacy for nuclear containment, sustainable energy, human rights, and peace in the Middle East. We witness his interactions with such complex personalities as Ted Kennedy, Henry Kissinger, Joe Biden, Anwar Sadat, and Menachem Begin. We get the inside story of his so-called "malaise speech," his bruising battle for the 1980 Democratic nomination, and the Iranian hostage crisis. Remarkably, we also get Carter's retrospective comments on these topics and more: thirty years after the fact, he has annotated the diary with his candid reflections on the people and events that shaped his presidency, and on the many lessons learned.

E 882 .N34 2007

George H.W. Bush / Timothy Naftali.

George Bush was a throwback to a different era. A patrician figure not known for eloquence, Bush dismissed ideology as "the vision thing." Yet, as biographer Naftali argues, no one was better prepared for the challenges facing the United States as the Cold War ended. Bush wisely encouraged the liberalization of the Soviet system and skillfully orchestrated the reunification of Germany. Following Iraq's invasion of Kuwait in 1990, he united the global community to defeat Saddam Hussein. At home, Bush reasserted fiscal discipline after the excesses of the Reagan years. Ultimately, his political awkwardness cost Bush a second term: his toughest decisions widened fractures in the Republican Party, and Bush lost his bid for reelection in 1992. In a final irony, the conservatives who scorned him would return to power eight years later, under his son and namesake, with the result that the elder George Bush would see his reputation soar.

E 907 .T63 2014

The stranger : Barack Obama in the White House / Chuck Todd.

Barack Obama won the presidency in 2008 partly because he was a Washington outsider. But when he got to 1600 Pennsylvania Avenue, that distinction turned out to be double-bladed. NBC's Chief White House Correspondent Chuck Todd draws upon his inner-circle sources to create an account of Obama's tumultuous first term and campaign to win another.

E 99 .P2 H6999 2015

The newspaper warrior : Sarah Winnemucca Hopkins's campaign for American Indian rights, 1864-1891 / edited by Cari M. Carpenter and Carolyn Sorisio.

Sarah Winnemucca Hopkins (Northern Paiute) has long been recognized as an important nineteenth-century American Indian activist and writer. Yet her acclaimed performances and speaking tours across the United States, along with the copious newspaper articles that grew out of those tours, have been largely ignored and forgotten. The Newspaper Warrior collects hundreds of newspaper articles, letters to the editor, advertisements, book reviews, and editorial comments by and about Sarah Winnemucca Hopkins. This anthology gathers together her literary production for newspapers and magazines from her 1864 performances in San Francisco to her untimely death in 1891, focusing on the years 1879 to 1887, when Winnemucca Hopkins gave hundreds of lectures in the eastern and western United States; published her book, *Life among the Piutes: Their Wrongs and Claims* (1883); and established a bilingual school for Native American children.

F 627 .C56 E64 2012

The farm at Holstein Dip : an Iowa boyhood / Carroll Engelhardt.

Carroll Engelhardt's parents grew up in homes without electricity on farms without tractors and began farming in the same way. As a farm boy in northeastern Iowa, he thought that history happened only to important people in earlier times and more exotic places. After decades of teaching, he at last perceived that history happens to us all, and he began writing this book. Set within the contexts of the technological revolution in American agriculture, the Second World War, the Cold War, and the emerging culture of affluence, *The Farm at Holstein Dip* is both a loving coming-of-age memoir and an educational glimpse into rural and small-town life of the 1940s and 1950s. Engelhardt writes about growing up in a spacious farmhouse where life was centered in the kitchen and frugality dictated that every purchase be weighed carefully. The simple pleasures and predictable routines of a Saturday night at the movies in nearby Elkader, Pioneer Days on the 4th of July, Confirmation Sunday, class picnics, and baseball and basketball games play out against a background of rural decline, alternating economic uncertainty and prosperity, and Cold War anxiety -- next to polio, he most feared Communist subversion and atomic blasts. The values and contradictions imparted by this evolving mix of international, national, and local cultures shaped his coming of age.

GV 878.4 .W46 2014

Down to the last pitch : how the 1991 Minnesota Twins and the Atlanta Braves gave us the best World Series of all time / Tim Wendel.

Never before in baseball history had a team finished last and rallied to take the pennant the following season. Yet in 1991, lightning struck twice as the Minnesota Twins and the Atlanta Braves both reached the World Series. The remarkable turnarounds resulted in arguably the greatest Fall Classic of all time. Four of the games between the Twins and Braves were settled by "walk-off" runs. Three of them, including the climactic Game Seven, went into extra innings. And all seven games had memorable moments -- from close plays at the plate to base-running blunders to pitching gems to dramatic late-inning home runs. The Atlanta Journal-Constitution cautioned fans about sleep deprivation as the nation was riveted watching Jack Morris, Kent Hrbek, Dan Gladden, and Kirby Puckett go against Tom Glavine, Lonnie Smith, John Smoltz, and David Justice on primetime television. In *Down to the Last Pitch*, founding editor of USA Today's Baseball Weekly Tim Wendel brings to life these seven memorable games, weaving contemporary interviews with discussions decades later about this classic World Series, and teasing out fact from legend.

GV 956 .M5 B88 2012

Vikings 50 : all-time greatest players in franchise history / Jim Bruton.

Out of the hundreds of players that have toiled at Metropolitan Stadium and the Metrodome, this collection celebrates only the 50 greatest -- the Minnesota Vikings who stood head and shoulders above their peers. Interviews with superstars such as Ron Yary, Paul Krause, Fran Tarkenton, Randy Moss, Adrian Peterson, and more are featured along with authentic accounts from their teammates and coaches. The book explores each

competitor's beginnings as well as his greatest moments on the gridiron, concluding with what he has been doing since his playing days ended.

GV 956 .M5 W55 2003

Tales from the Vikings locker room / Bill Williamson.

HC 106.84 .C55 2011

Back to work : why we need smart government for a strong economy / Bill Clinton.

President Bill Clinton gives us his views on the challenges facing the United States today and why government matters -- presenting his ideas on restoring economic growth, job creation, financial responsibility, resolving the mortgage crisis, and pursuing a strategy to get us "back in the future business." He explains how we got into the current economic crisis, and offers specific recommendations on how we can put people back to work, increase bank lending and corporate investment, double our exports, restore our manufacturing base, and create new businesses. He supports President Obama's emphasis on green technology, saying that changing the way we produce and consume energy is the strategy most likely to spark a fast-growing economy while enhancing our national security. Clinton also stresses that we need a strong private sector and a smart government working together to restore prosperity and progress, demonstrating that whenever we've given in to the temptation to blame government for all our problems, we've lost our ability to produce sustained economic growth and shared prosperity. Clinton writes, "There is simply no evidence that we can succeed in the twenty-first century with an antigovernment strategy," based on "a philosophy grounded in 'you're on your own' rather than 'we're all in this together.'" He believes that conflict between government and the private sector has proved to be good politics but has produced bad policies, giving us a weak economy with not enough jobs, growing income inequality and poverty, and a decline in our competitive position. In the real world, cooperation works much better than conflict, and "Americans need victories in real life."

HD 9019 .M382 U645 2015

Big weed : an entrepreneur's high-stakes adventures in the budding legal marijuana business / Christian Hageseth ; with Joseph D'Agnese.

Marijuana legalization is the hottest story in the US today. 22 states have authorized sales in some form. Denver has more legal marijuana dispensaries than Starbucks franchises. And like the early days of gourmet coffee chains, the rules and players are being established on the fly. Christian Hageseth is one face of the revolution -- an entrepreneur and father of three who worked in the white-collar professional world for 20 years before opening his first dispensary. The founder and chairman of Green Man Cannabis, the fastest-growing legalized marijuana company in the country, he's the perfect tour guide through the wild frontier, where police hardly know what laws to enforce, or parents what to tell their kids. He paints a colorful picture not only of how he got into the business, but of the big interests that are eager to do the same -- namely Philip Morris, Monsanto and a who's who of Big Pharma. He predicts a future where the marijuana market splits in two: the high-end, artisanal market, supplied by individual growers and small farms, and the mass market, covered by the cigarette giants and anyone bold enough to compete with them.

HN 57 .Y63 2015

Dissent : the history of an American idea / Ralph Young.

The History of an American Idea examines the key role dissent has played in shaping the United States. It focuses on those who, from colonial days to the present, dissented against the ruling paradigm of their time: from the Puritan Anne Hutchinson and Native American chief Powhatan in the seventeenth century, to the Occupy and Tea Party movements in the twenty-first century. The emphasis is on the way Americans, celebrated figures and anonymous ordinary citizens, responded to what they saw as the injustices that prevented them from fully experiencing their vision of America. At its founding the United States committed itself to lofty ideals. When the promise of those ideals was not fully realized by all Americans, many protested and demanded that the United States live up to its promise. Women fought for equal rights; abolitionists sought to destroy slavery; workers organized unions; Indians resisted white encroachment on their land; radicals angrily demanded an end to the dominance of the moneyed interests; civil rights protesters marched to end segregation; antiwar activists took to

the streets to protest the nation's wars; and reactionaries, conservatives, and traditionalists in each decade struggled to turn back the clock to a simpler, more secure time. Some dissenters are celebrated heroes of American history, while others are ordinary people: frequently overlooked, but whose stories show that change is often accomplished through grassroots activism. The United States is a nation founded on the promise and power of dissent. In this comprehensive volume, Ralph Young shows us its history.

HQ 755.8 .B77 2014

Mama gone geek : calling on my inner science nerd to help navigate the ups and downs of parenthood / Lynn Brunelle.

Science is the ultimate parenting tool. After all, it's really about observing, asking questions, solving problems, making mistakes, and trying again and again and again -- just like being a mom or dad! Come along with Lynn Brunelle as she initiates you into the joys of geek-style parenting. A proud geek mom herself -- and a writer for the show *Bill Nye, the Science Guy* -- Lynn has had a love of science from the time she was a child. When she had her own kids, science became like a friend she could lean on for support, helping her make sense of the joy, pain, and uncertainty of parenting. Join her as she infuses her days with science, and shares it, in all its geeky wonder, with her kids.

JC 574.2 .U6 K58 2015

The religion of democracy : seven liberals and the American moral tradition / Amy Kittelstrom.

A history of religion's role in the American liberal tradition through the eyes of seven transformative thinkers. Today we associate liberal thought and politics with secularism. When we argue over whether the nation's founders meant to keep religion out of politics, the godless side is said to be liberal. But the role of religion in American politics has always been far more nuanced and complex than today's debates would suggest and closer to the heart of American intellectual life than is commonly understood. American democracy was intended by its creators to be more than just a political system, and in *The Religion of Democracy*, historian Amy Kittelstrom shows how religion and democracy have worked together as universal ideals in American culture -- and as guides to moral action and the social practice of treating one another as equals who deserve to be free. The first people in the world to call themselves 'liberals' were New England Christians in the early republic, for whom being liberal meant being receptive to a range of beliefs and values. The story begins in the mid-eighteenth century, when the first Boston liberals brought the Enlightenment into Reformation Christianity, tying equality and liberty to the human soul at the same moment these root concepts were being tied to democracy. The nineteenth century saw the development of a robust liberal intellectual culture in America, built on open-minded pursuit of truth and acceptance of human diversity. By the twentieth century, what had begun in Boston as a narrow, patrician democracy transformed into a religion of democracy in which the new liberals of modern America believed that where different viewpoints overlap, common truth is revealed. The core American principles of liberty and equality were never free from religion but full of religion. *The Religion of Democracy* re-creates the liberal conversation from the eighteenth century to the twentieth by tracing the lived connections among seven thinkers through whom they knew, what they read and wrote, where they went, and how they expressed their opinions -- from John Adams to William James to Jane Addams; from Boston to Chicago to Berkeley. Sweeping and ambitious, *The Religion of Democracy* is a lively narrative of quintessentially American ideas as they were forged, debated, and remade across our history.

ML 3790 .W59 2015

How music got free : the end of an industry, the turn of the century, and the Patient Zero of piracy / Stephen Witt. A story of obsession, music, crime, and money, featuring visionaries and criminals, moguls and tech-savvy teenagers. Journalist Stephen Witt traces the history of digital music piracy, from the German audio engineers who invented the mp3, to a North Carolina compact-disc manufacturing plant where factory worker Dell Glover leaked nearly two thousand albums over the course of a decade, to the high-rises of midtown Manhattan where music executive Doug Morris cornered the global market on rap, and, finally, into the darkest recesses of the Internet. Through these interwoven narratives, Witt has written a book that depicts the moment in history when ordinary life became forever entwined with the world online -- when, suddenly, all the music ever recorded was available for free. Witt introduces the unforgettable characters -- inventors, executives, factory workers, and

smugglers -- who revolutionized an entire artform, and reveals for the first time the secret underworld of media pirates that transformed our digital lives.

ML 419 .F56 A3 2015

Your band sucks : what I saw at indie rock's failed revolution (but can no longer hear) / Jon Fine.

Jon Fine spent nearly thirty years performing and recording with bands that played various forms of aggressive and challenging underground rock music, and, as he writes in this memoir, at no point were any of those bands 'ever threatened, even distantly, by actual fame.' Yet when members of his first band, Bitch Magnet, reunited after twenty-one years to tour, diehard longtime fans traveled from far and wide to attend those shows, despite creeping middle-age obligations of parenthood and 9-to-5 jobs, testament to the remarkable staying power of the indie culture that the bands predating the likes of Bitch Magnet -- among them Black Flag, Mission of Burma, and Sonic Youth -- willed into existence through sheer determination and a shared disdain for the mediocrity of contemporary popular music. In indie rock's pre-Internet glory days of the 1980s, such defiant bands attracted fans only through samizdat networks that encompassed word of mouth, college radio, tiny record stores and 'zines. Eschewing the superficiality of performers who gained fame through MTV, indie bands instead found glory in all-night recording sessions, shoestring van tours and endless appearances in grimy clubs. Some bands with a foot in this scene, like REM and Nirvana, eventually attained mainstream success. Many others, like Bitch Magnet, were beloved only by the most obsessed fans of this time. Your Band Sucks is an insider's look at a fascinating and ferociously loved subculture. In it, Fine tracks how the indie-rock underground emerged and evolved, how it grappled with the mainstream and vice versa, and how it led many bands to an odd rebirth in the 21st century in which they reunited, briefly and bittersweetly, after being broken up for decades. Your Band Sucks is a unique evocation of a particular aesthetic moment. With backstage access to many key characters in the scene -- and plenty of wit and sharply-worded opinion -- Fine delivers a memoir that affectionately yet critically portrays an important, heady moment in music history.

PN 6727 .B7568 H96 2013

Hyperbole and a half : unfortunate situations, flawed coping mechanisms, mayhem, and other things that happened / Allie Brosh.

Collects autobiographical, illustrated essays and cartoons from the author's popular blog and related new material that humorously and candidly deals with her own idiosyncrasies and battles with depression.

RC 280 .B8 A22 2010

After the cure : the untold stories of breast cancer survivors / Emily K. Abel and Saskia K. Subramanian.

Chemo Brain. Fatigue. Chronic Pain. Insomnia. Depression. These are just a few of the ongoing, debilitating symptoms that plague some breast cancer survivors long after their treatments have officially ended. After The Cure is filled with portraits of women who are living with the aftermath of breast cancer. Having heard repeatedly that the problems are all in your head, many don't know where to turn for help. The doctors who now refuse to validate their symptoms are often the very ones they depended on to provide life-saving treatments. Sometimes family members, who provided essential support through months of chemotherapy and radiation, don't believe them. Their work lives, already disrupted by both cancer and its treatment, are further undermined by the lingering symptoms. And every symptom is a constant reminder of the trauma of diagnosis, the ordeal of treatment, and the specter of recurrence. Most narratives about surviving breast cancer end with the conclusion of chemotherapy and radiation, painting stereotypical portraits of triumphantly healthy survivors, women who not only survive but emerge better and stronger than before. After The Cure allows us to hear the voices of those who are silenced by the optimistic breast cancer culture, women who live with a broad array of health problems long after therapy ends. Here, at last, survivors step out of the shadows and speak compellingly about their real stories, giving voice to the complicated, often bittersweet realities of life after the cure.

RC 464 .M59 A3 2007

Trouble in my head : a young girl's fight with depression / Mathilde Monaque ; translated by Lorenza Garcia.

Mathilde Monaque developed severe depression when she was just 14. The eldest in a family of six and an exceptionally bright and gifted girl, the discovery shook her family to the core. Now she describes her experience

of depression, her days in the teenage hospital, and her battle to conquer her inner turmoil. Unlike adult depression which involves feelings of guilt, Mathilde describes teenage depression as a breaking down of certainties, the fear of being oneself, the fear of not loving and of not being loved.

S 521.5 .O3 J36 2013

Why cows need names : and more secrets of Amish farms / Randy James.

Why Cows Need Names follows one young Amish family as they dream about and then struggle to establish a profitable and quintessentially American small farm. The story begins with Eli Gingerich's first timid phone call to author Randy James, the county agricultural agent in Ohio's Geauga Amish Settlement -- the fourth-largest Amish settlement in the world -- and traces the family's progress over the next five years. Through gentle dialogue and true stories, James captures the challenges of creating a simple business plan that will lead to the family's radiant success or dismal failure. As the narrative unfolds, readers get a rare glimpse into what it's like to work in the fields with draft horses; in the barn with cows, calves, children, and Chip the family dog; or to sit at the table talking with family and friends over a noontime meal. A picture emerges of how quietly living a shared goal and "doing without" during hard times can strengthen families and provide an appreciation for what is truly important in life.

S 561 .L485 2015

Woman-powered farm : manual for a self-sufficient lifestyle from homestead to field / Audrey Levatino.

Women are leading the new farming revolution in America. Much of the impetus to move back to the land, raise our own food, and connect with our agricultural past is being driven by women. They raise sheep for wool, harvest honey from their beehives, grow food for their families and sell their goods at farmers' markets. What does a woman who wants to work the land need to do to follow her dream? First, she needs this book. It may seem strange to suggest that women farmers need a different guide than male farmers, but women often have different strengths and goals, and different ways of achieving those goals. Audrey Levatino shares her experiences of running a farm and offers advice on how to get started, whether you have hundreds of acres or a simple lot for an urban community garden. Filled with personal anecdotes and stories from other women farmers, from old hands to brand new ones, from agricultural icons like Temple Grandin to her own sister, this book is a guide that discusses whether you should do an internship or jump right in; how to find a farm or how to handle one that you've inherited; best practices for selling at the farmer's market and how to sell your goods locally; farmhouse chores and how to get them done right; how to handle large power tools, including a chainsaw; planning and growing an organic farm garden; incorporating animals as part of a farm ecosystem; where to get started if you want to farm-school your kids; tips for keeping your mind, body and spirit healthy while undertaking the demanding nature of farm work. Full-color photography throughout provides step-by-step instructions for anything you'll need to do on your farm.

SF 229.7 .G83 G84 2015

The land of milk and Uncle Honey : memories from the farm of my youth / Alan Guebert ; with Mary Grace Foxwell.

"The river was in God's hands, the cows in ours." So passed the days on Indian Farm, a dairy operation on 700 acres of rich Illinois bottomland. In this collection, Alan Guebert and his daughter-editor Mary Grace Foxwell recall Guebert's years on the land working as part of that all-consuming collaborative effort known as the family farm. Here are Guebert's tireless parents, measuring the year not in months but in seasons for sewing, haying, and doing the books; Jackie the farmhand, needing ninety minutes to do sixty minutes' work and cussing the entire time; Hoard the dairyman, sore fingers wrapped in electrician's tape, sharing wine and the prettiest Christmas tree ever; and the unflappable Uncle Honey, spreading mayhem via mistreated machinery, flipped wagons, and the careless union of diesel fuel and fire. Guebert's heartfelt and humorous reminiscences depict the hard labor and simple pleasures to be found in ennobling work, and show that in life, as in farming, Uncle Honey had it right with his succinct philosophy for overcoming adversity: "The secret's not to stop."

SK 283.8 .B87 2001

Field dressing and butchering rabbits, squirrels, and other small game : step-by-step instructions, from field to table / Monte Burch.

To a hunter, nothing beats the savory taste of properly dressed, butchered, and prepared game. With step-by-step instructions and illustrations, Monte Burch passes down the wisdom of his practical experience and explains how to field dress and butcher small game in order to prepare and preserve it for cooking and storage.

SK 283.8 .B878 2001

Field dressing and butchering big game : step-by-step instructions, from field to table / Monte Burch.

To enjoy big game on the table, it is essential to field dress the meat properly transport it quickly, cool the meat down thoroughly and rapidly, butcher it efficiently, and then cook it to your liking. It's easy to do, especially if you follow the step-by-step instructions and illustrations found in *Field Dressing and Butchering Big Game*. This complete handbook demonstrates the techniques for eviscerating, skinning, and quartering big-game animals such as elk, moose, wild boar, and caribou in the field; basic butchering techniques on how to cut up big game into roasts, chops, steaks, stew meat, and ground chuck; plus a guide to the tools and equipment you'll need to get started. Author Monte Burch also covers cooking methods and shares many of his favorite recipes.

T 47 .D37 2014

The knowledge : how to rebuild our world from scratch / Lewis Dartnell.

How would you go about rebuilding a technological society from scratch? If our technological society collapsed tomorrow, perhaps from a viral pandemic or catastrophic asteroid impact, what would be the one book you would want to press into the hands of the post-apocalyptic survivors? What crucial knowledge would they need to survive in the immediate aftermath and to rebuild civilization as quickly as possible -- a guide for rebooting the world? Human knowledge is collective, distributed across the population. It has built on itself for centuries, becoming vast and increasingly specialized. Most of us are ignorant about the fundamental principles of the civilization that supports us, happily utilizing the latest or even the most basic technology without having the slightest idea of why it works or how it came to be. If you had to go back to absolute basics, like some sort of postcataclysmic Robinson Crusoe, would you know how to re-create an internal combustion engine, put together a microscope, get metals out of rock, accurately tell time, weave fibers into clothing, or even how to produce food for yourself? Science journalist Lewis Dartnell proposes that the key to preserving civilization in an apocalyptic scenario is to provide a quickstart guide, adapted to cataclysmic circumstances. *The Knowledge* describes many of the modern technologies we employ, but first it explains the fundamentals upon which they are built. Every piece of technology rests on an enormous support network of other technologies, all interlinked and mutually dependent. You can't hope to build a radio, for example, without understanding how to acquire the raw materials it requires, as well as generate the electricity needed to run it. But Dartnell doesn't just provide specific information for starting over; he also reveals the greatest invention of them all -- the phenomenal knowledge-generating machine that is the scientific method itself. This would allow survivors to learn technological advances not explicitly explored in *The Knowledge* as well as things we have yet to discover. *The Knowledge* is a guide to the fundamentals of science and how it built our modern world as well as a thought experiment about the very idea of scientific knowledge itself.

TS 533.2 .C65 2014

Thunder in the mountains : a portrait of American gun culture / Craig K. Collins.

In this memoir, Craig K. Collins ushers readers down a path that wends from the American frontier to present-day suburbia. Along the way, he explores the meaning of a history -- of his family's and his country's -- that is infused with the culture of the gun. Stops include an Indian massacre at Bad Axe, the siege of Vicksburg, the slaughter of buffalo in Montana, and the discovery of gold in a remote Nevada canyon. The story begins on a hunting trip Collins took with his father and brothers in the early '70s, when he was accidentally shot with a high-powered deer rifle at the age of 13 near the top of an isolated peak in northeastern Nevada. He tells a personal story of a childhood in Idaho and Nevada, where hunting is a way of life and guns are revered -- often with fatal and unintended results. He recalls friends -- past and present -- whose lives have been forever shattered or altered by the explosive force of a bullet.

TX 360 .U6 L47 2013

Fear of food : a history of why we worry about what we eat / Harvey Levenstein.

There may be no greater source of anxiety for Americans today than the question of what to eat and drink. Are eggs the perfect protein, or are they cholesterol bombs? Is red wine good for my heart or bad for my liver? Will pesticides, additives, and processed foods kill me? Here with some advice is food historian Harvey Levenstein. He reveals the people and interests who have created and exploited these worries, causing an extraordinary number of Americans to allow fear to trump pleasure in dictating their food choices. He tells of the prominent scientists who first warned about deadly germs and poisons in foods and their successors who charged that processing foods robs them of life-giving vitamins and minerals. These include Nobel Prize-winner Elie Metchnikoff, who advised that yogurt would enable people to live to be 140, and Elmer McCollum, the "discoverer" of vitamins, who tailored his warnings about vitamin deficiencies to suit the food producers who funded him. Levenstein also highlights how large food companies have taken advantage of these concerns by marketing their products to combat the fear of the moment. Such examples include the co-opting of the "natural foods" movement, which grew out of the belief that inhabitants of a remote Himalayan Shangri-La enjoyed remarkable health by avoiding the very kinds of processed food these corporations produced, and the physiologist Ancel Keys, originator of the Mediterranean Diet, who provided the basis for a powerful coalition of scientists, doctors, food producers, and others to convince Americans that high-fat foods were deadly. In "Fear of Food", Levenstein offers a much-needed voice of reason; he questions these stories of constantly changing advice to reveal that there are no hard-and-fast facts when it comes to eating. With this book, he hopes to free us from the fears that cloud so many of our food choices and allow us to finally rediscover the joys of eating something just because it tastes good.

Z 1232 .I79 2015

Irwin, Marilyn M. (Marilyn Money), 1950- author. Autism in young adult novels : an annotated bibliography / Marilyn Irwin, Annette Y. Goldsmith, Rachel Applegate. An estimated 1 in 110 children in the United States has autism spectrum disorder (ASD). Although the public awareness of autism has grown significantly, teens are not as educated about this subject as they should be. When accurately and positively presented, literature has been shown to help the classmates of those with ASD better understand the disorder. Increased familiarity with the subject will, in turn, help foster acceptance. In *Autism in Young Adult Novels: An Annotated Bibliography*, Marilyn Irwin, Annette Y. Goldsmith, and Rachel Applegate identify and assess teen fiction with autism content. In the first section, the authors analyze how characters with ASD are presented. Where do they live and go to school? Do they have friends? Do they have good relationships with their family? How are they treated by others? The authors also consider whether autism is accurately presented. This discussion is followed by a comprehensive bibliography of books that feature a character identified as being on the autism spectrum. The novels reviewed in this volume date as far back as the late 1960s and include works published in the last few years. As more and more authors of young adult fiction become sensitive to ASD, they are featuring such characters in their novels, creating more realistic works for their readers. This study will help librarians and others collect, choose, evaluate, and use these works to educate young adults.

Juvenile Nonfiction

HV 8073 .Y68 2009

Crime scene science : 20 projects and experiments about clues, crimes, criminals, and other mysterious things / by Karen Romano Young ; illustrations by David Goldin.

Crime Scene Science puts you inside the head, and the toolbox, of modern-day experts in crime solving. Slip under the yellow crime-scene tape to conduct your own experiments. You'll soon be detecting, inspecting, and connecting the dots of forensic science. Investigate rates of human decomposition; find out what makes fingerprints unique; identify handwriting traits; and discover the secrets of paper fiber analysis. Each workshop includes suggestions on effective presentation at science fairs, taking experiments one step further, and using science vocabulary correctly.

HV 9471 .A487 2010

America's prisons / Opposing Viewpoints.

This book is a collection of articles in which authors debate whether American prisons are effective, whether American prisons are just, whether American prisons are humane, and the ways different prison populations should be treated.

KF 9223 .C748 2013

Criminal justice / Opposing viewpoints.

This book is a collection of articles in which authors debate whether the criminal justice system needs reform, the state of the incarceration system in the U.S., and whether sentencing laws need reform.

LC 4717.5 .B35 2005

Preparing for life : the complete guide for transitioning to adulthood for those with autism and Asperger's Syndrome / Jed Baker.

Typically, ASD high school graduates are unprepared for the transition to independence. Early, ongoing training in the social skills crucial to establishing successful adult relationships -- in college, vocational school, residential living, or on the job -- can help. He also guides readers through the legal, financial, educational, vocational, and community resources available after graduation. The essence of the book lies in the 73 "Skill Lessons" targeting nonverbal communication, empathy anger/anxiety management, conversational skills, and employment-related skills, all of which can be taught by parents, teachers, or professionals. This easy-to-follow resource offers a complete toolbox of social skills and the means to attain them.

QL 434.15 .Y68 2009

Bug science : 20 projects and experiments about arthropods : insects, arachnids, algae, worms, and other small creatures / by Karen Romano Young ; illustrations by David Goldin.

It might be creepy, but entomology is one cool branch of science for kids! Bug Science is a funny, educational book filled with cool workshops that are ideal for science fairs. Sometimes it's all about the bugs, like an experiment to reroute ants. Sometimes it's about how we interact with bugs, like the workshop on spider phobias. You can even turn your friends into bug bait to see who has the sweetest skin. Bug Science is peppered with sidebars from entomologists and is sure to inspire a new appreciation for the buggy world we live in.

RJ 506 .A58 T66 2009

My anxious mind : a teen's guide to managing anxiety and panic / by Michael A. Tompkins and Katherine A. Martinez ; illustrated by Michael Sloan.

Anxiety can make everything seem unmanageable, from dealing with family and friends to managing schoolwork and extracurricular activities. It's been estimated that between 9 and 15 million teens in the United States suffer from phobias, panic attacks, or extreme worry or anxiety. That's a lot of teens! My Anxious Mind helps teens take control of their anxious feelings by providing cognitive-behavioral strategies to tackle anxiety head-on and to feel more confident and empowered in the process. My Anxious Mind also offers ways for teens with anxiety to improve their inter-personal skills, whether it be with friends, family, or teachers; manage stress; handle panic attacks; use diet and exercise appropriately; and decide whether medication is right for them.

RJ 506 .D4 C6 2007

When nothing matters anymore : a survival guide for depressed teens / by Bev Cobain. Revised and updated edition.

On April 8, 1994, Kurt Cobain ended his long struggle with depression and chemical dependency by taking his own life. His suicide profoundly affected millions of fans around the world who identified with the music of Kurt and his band, Nirvana. Bev Cobain is Kurt's cousin, and this powerful book is her way of dealing with his death -- and reaching out to teens with a life-saving message: You don't have to be sad, discouraged, or depressed. There is help and hope for you. Full of solid information and straight talk, When Nothing Matters Anymore defines and explains adolescent depression, reveals how common it is, describes the symptoms, and spreads the good news that depression is treatable. Personal stories, photos, and poetry from teens dealing with depression speak

directly to readers' feelings, concerns, and experiences. Teens learn how to recognize depression in themselves and others, understand its effects, and take care of themselves by relaxing, exercising, eating right, and talking things over with people who care. For some teens, self-help isn't enough, so Bev also tells about treatment options, presents the facts about therapy, explains the differences between various types of helping professionals (psychiatrists, clinical psychologists, physicians, counselors, etc.), discusses medications, and more. This book isn't just for teens who have been diagnosed with depression. It's for any teen who feels hopeless, helpless, and alone. Clear, encouraging, and matter-of-fact, it's also recommended for parents, teachers, and counselors who want to know more about teen depression.

RJ 506 .E18 N45 2008

What's eating you? : a workbook for teens with anorexia, bulimia & other eating disorders / Tammy Nelson.
In a country where a woman over a size four rarely makes it onto the cover of a magazine or onto our TV screens, it's not surprising that eating disorders are so prevalent in girls. Whether it's anorexia, bulimia, or bingeing, eating disorders are destructive and potentially deadly. What's Eating You? helps teens develop the self-esteem and self-acceptance that so often eludes girls with eating disorders. It teaches them how to overcome perfectionism, understand the role that family patterns may play in their eating disorder, and change negative self-talk about their body. As important, What's Eating You? shows teens that happiness comes in many sizes.

RJ 506 .H9 H656 2010

The ADHD workbook for teens : activities to help you gain motivation and confidence / Lara Honos-Webb.
Symptoms of attention deficit/hyperactivity disorder, or ADHD, can strike at any time -- during class, when you're listening to a friend's story, while doing homework, and did we mention during class? You might find it difficult to pay attention and sit still when your impulses are constantly tempting you to do the opposite. In The ADHD Workbook for Teens, you'll learn simple skills you can use to confidently handle school, make and keep friends, and organize and finish every project you start. This workbook helps you find out who you really are through a series of exercises and worksheets that focus on identifying your strengths and interests. Then, you'll begin using those strengths to create strategies for overcoming the ADHD-related issues you struggle with. Learn how to calm yourself down when you feel hyperactive or impulsive, develop plans for meeting the goals that matter to you most, get your life under control and organize your schedule, and improve your social life by becoming a better listener and friend.

RJ 506 .S44 S53 2008

Stopping the pain : a workbook for teens who cut & self-injure / Lawrence E. Shapiro.
If you're cutting or hurting yourself you're not alone. Thousands of teens across the country think that hurting themselves is the only way they can feel better, even though they continue to feel alone and out of control. There are a lot of reasons why teens hurt themselves. None of them are your fault. You can't change your past, but there is a lot you can do, right now, to make your future a place you'd like to spend some time, a place free from the pain, loneliness, and isolation of cutting. This workbook offers a way for you to make it happen. The exercises will help you explore why you self-injure and give you lots of ideas how you can stop. The book will help you learn new skills for dealing with issues in your life, reduce your stress, and reach out to others when you need to. Work through the book, or just check out the sections that speak to you the most. This is your own personal and private road map to regaining control of your life.

RJ 506 .S63 S5193 2012

The shyness & social anxiety workbook for teens : CBT and ACT skills to help you build social confidence / Jennifer Shannon ; illustrations by Doug Shannon.
Wouldn't it be nice if you could just flick a switch and make your shyness go away? No more worrying about what others think about you, no more embarrassment in front of other people. You could just relax and feel comfortable and confident, the way you probably think everyone else feels. If you struggle with shyness, you're all too familiar with the feeling of not knowing what to do or say, and you'll do anything to avoid feeling that way. But, most likely, you also know that you're missing out on a lot -- friendships, potential relationships, and fun. You've chosen this book because you're ready to stop hiding behind your shyness and start enjoying everything

life has to offer. The worksheets and exercises in The Shyness and Social Anxiety Workbook for Teens will help you learn to handle awkward social situations with grace and confidence, so you can make real connections with people you want to get to know. Based in proven-effective cognitive behavioral therapy (CBT), the skills you learn will also help you speak up for yourself when you need to and stop dreading class projects that put you on the spot. Actually, there's no aspect of your life that this workbook won't help. So why let shyness rule your life one day longer? Let this workbook guide the way to a more confident, outgoing you.

Fiction

PS 3626 .E53 A68 2015M

Star wars. Aftermath / Chuck Wendig.

As the Empire reels from its critical defeats at the Battle of Endor, the Rebel Alliance -- now a fledgling New Republic -- presses its advantage by hunting down the enemy's scattered forces before they can regroup and retaliate. But above the remote planet Akiva, an ominous show of the enemy's strength is unfolding. Out on a lone reconnaissance mission, pilot Wedge Antilles watches Imperial Star Destroyers gather like birds of prey circling for a kill, but he's taken captive before he can report back to the New Republic leaders. Meanwhile, on the planet's surface, former rebel fighter Norra Wexley has returned to her native world -- war weary, ready to reunite with her estranged son, and eager to build a new life in some distant place. But when Norra intercepts Wedge Antilles's urgent distress call, she realizes her time as a freedom fighter is not yet over. What she doesn't know is just how close the enemy is -- or how decisive and dangerous her new mission will be. Determined to preserve the Empire's power, the surviving Imperial elite are converging on Akiva for a top secret emergency summit, to consolidate their forces and rally for a counterstrike. But they haven't reckoned on Norra and her newfound allies -- her technical-genius son, a Zabrak bounty hunter, and a reprobate Imperial defector -- who are prepared to do whatever they must to end the Empire's oppressive reign once and for all.